

HOUSEHOLD DEPARTMENT.

All communications or inquiry for this department should be addressed to
FLORIDA AGRICULTURIST.

The editor of this department will gladly welcome any hints or articles pertinent to the household. If an reader has any helpful suggestions, please send them along.

THOUGHTS FOR THIS WEEK.

"True riches are not the things we carry but those that carry us."—Ex.
"Life is without meaning if without a mission."—Ex.

"On the darkest skies are the brightest stars."—Ex.

"If good advice were meat and clothing what a happy old world this would be."—Ex

Fish Recipes.

The season of delightful Florida fish is with us and while every housekeeper thinks she has all the known ways of preparing them some one else always has a different way of doing things when asked. Here are some ways offered in Country Gentleman.

Boiled Fish.—See that all scales are off, and wash the fish quickly in cold water. Have enough boiling water in the fish kettle to cover the fish. Add two tablespoonfuls lemon juice and two of salt to a gallon of water. Draw the kettle back where the water will stop boiling and add a pint of cold water, then lower the fish into it. When it comes to a boil, draw the kettle back where it will boil very gently. Half an hour will suffice for the cooking unless the fish weighs more than six pounds. Lift carefully from the water, drain well, slip on to a warm platter, and cover with a drawn butter sauce, made as follows:

Drawn Butter Sauce.—One tablespoonful of butter, and two of flour. Melt the butter by gentle heat, and when it froths, add the flour. Stir till it thickens, then add one pint of cold water. Stir constantly till the sauce boils, then season with salt and pepper, and serve at once. Many good cooks use boiling water in place of cold, but, in the hands of an amateur, the cold water will produce a smoother sauce.

Breaded Fillets of Bass.—Use either stripped or black bass, and select a smaller fish. Clean and cut each fish into six pieces. Season with salt and pepper, dip in beaten egg, then in rolled and sifted crumbs, fry in deep fat, and drain on brown paper. Serve with tartar sauce, which is made by adding chopped pickle, parsley and capers to mayonnaise dressing.

Bass with Tomatoes.—Select a large black bass, clean the head, and let it remain on the fish. Slice four good-sized tomatoes and cut each slice in half. Make a plain bread dressing, open the fish, rub lightly inside with salt and soft butter, and put the dressing and tomatoes in alternate layers inside until the fish is well stuffed. Bind with tape or with narrow strips of soft muslin. Lard the fish with strips of fat salt pork. Lay in a baking pan, add a cupful of hot water and a tablespoonful of melted butter. Bake often during the baking. In 15 or 20 minutes take the pan out of the oven, and carefully remove the tape from the fish. Cover the fish with a thin layer of sliced tomatoes, seasoned with salt and dots of butter, and sprinkle lightly with grated cheese. Bake until the tomatoes are done and the cheese is brown carefully to a platter. This is a delicious dish, well worth the trouble of preparation.

Attractive Fruit Salads.

An exceptionally attractive fruit salad may be made of three oranges, three bananas, one medium-sized ripe pineapple, (canned pineapple may be used) one head of curled lettuce and one gill of mayonnaise dressing. Wash the lettuce, then arrange for individual serving. Peel and dice the oranges;

peel the bananas and cut crosswise into thin slices; peel the pineapple, cut first into thin slices, then into small sections. Heap the mixed fruit in the lettuce cups, dress with mayonnaise and garnish with English walnut meat.

Another recipe calls for the same quantity of fruit as the first, and prepared in the same manner, but neither lettuce nor mayonnaise is used. Instead, after the fruit is mixed, add three tablespoonfuls of granulated sugar and the juice of one lemon. Stir gently and stand in a cold place fifteen minutes. Then half fill stem glasses with shaved ice; on this heap the fruit mixture, garnish with walnut meats and serve at once.—The March Housekeeper.

Cream Puffs.

It is not every cook who knows how easy it is to make these delicious cream cakes and chocolate eclairs; indeed, some housewives consider them purely bakery products. When home-made they are much more delicious than bakeshop dainties—besides, unless you have implicit confidence in your baker, anything with a cream filling is positively dangerous when it grows stale. The newspapers everywhere record day after day stories of poisoning from things of the stale cream cake class. Now, as to how easily these dainties are made: In one cupful of boiling water melt a quarter of a cupful of butter, one teaspoonful of sugar and a dash of salt. Into this beat one and a quarter cupfuls of pastry flour, whipping it with a wire spoon till perfectly smooth. When nearly cool drop in three eggs whole, one at the time, still beating with a steady, long stroke. The batter is now ready to be made into puffs or eclairs. If puffs are wanted, drop small round balls of the batter on a tin, which has been buttered and floured. If two inches of space is allowed between each it gives them plenty of room to puff. For eclairs, squeeze the batter in long narrow fingers through a pastry tube, leaving room enough between them for swelling. Bake half an hour, then put on a wire stand to cool. Split when cold near the top of each one and pour in a cream filling, which may be made after the following recipe: Scald a pint of milk and pour it over the yolks of three well-beaten eggs, to which have been added three tablespoonfuls of corn-starch, three-quarters of a cup of sugar and a dash of salt. Return the mixture to the double boiler and cook till it thickens, then add a tablespoonful of vanilla. Allow the cream to cool before it is put into the puffs. The eclairs require a chocolate frosting, and if you wish, the cream puffs may be made more delectable by covering them with a maple frosting or a plain white icing flavored with vanilla.

To make a plain vanilla icing for cream cakes beat slightly the white of one egg, add to it one cupful of confectioner's icing and one teaspoonful of vanilla. Whip till perfectly smooth and pour over the cream puffs as soon as they are cooled. Or if you prefer a maple frosting, melt half a pound of maple sugar in four tablespoonfuls of water, letting it boil till it threads, then pour it over the white of an egg beaten to a stiff froth. Beat till it is thick enough to spread on the cakes. A delicious chocolate icing for the tops of the eclairs may be made by using the recipe for the vanilla frosting, adding to it, however, two tablespoonfuls of grated chocolate, three tablespoonfuls of thick cream and half a teaspoonful of melted butter.

If the making of the cream filling for puffs or eclairs is too laborious a task, and if instead a bottle of heavy cream is on hand, a delicate and quickly-made filling may be prepared as follows: Whip till quite stiff one cupful of cream and four tablespoonfuls of milk, add to it the white of one egg beaten to a thick froth, half a cupful of powdered sugar and a teaspoonful of vanilla. Put this filling inside the puffs or eclairs as soon as they have cooled. The same cream mixture when dropped into small cases lined with

Home Made

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sponge cake or lady fingers is delicious as a charlotte russe. The cases can be made at home, or bought at a confectioner's.—Ladies World.

Delicious Cake Frosting.—One cupful of powdered sugar rolled fine, three tablespoonfuls of sweet cream; mix well together and add one tablespoonful of cocoa and one-half teaspoonful of vanilla extract. If this rule is followed, the frosting will never be too hard or crack when cut.

For Season of Lent.

Mash and shred one cup of soaked salt codfish. Cut one pint of uncooked potatoes in quarters. Cook fish and potatoes together in boiling water until the potatoes are soft but not soggy. Drain, mash, and beat until the whole is light. Season with one teaspoon of butter, one-fourth saltspoon of pepper and one teaspoon of baking powder. Beat all together and bake forty-five minutes in an oiled oblong cake tin. Serve with egg sauce.

Cheese Salad.—Make an ordinary French dressing in the proportions of one tablespoon of vinegar to three of oil, a dash of mustard, salt and red pepper to taste. Into this dressing rub Roquefort cheese—the potted cheese is ready to use as it comes, the other must be grated or crushed—until the whole is smooth and about the consistency of thick cream. Serve with crisp lettuce and hard crackers.

Tomato Soup without Stock.—Cook together one quart of tomatoes, one pint of hot water, one tablespoon of sugar, one teaspoon of salt, two cloves and two peppercorns. Melt one tablespoon of butter and brown one tablespoon each of onion and parsley, add one tablespoon of flour, stir all into the tomato mixture, simmer twenty minutes.

Luncheon Eggs.—Lay a neatly poached egg on a square of buttered toast and cover with a thick brown sauce. Make this sauce by adding to each half pint of stock, a dessertspoon of walnut catsup, another of Worcestershire sauce, the same of lemon juice, half as much made mustard, a teaspoon of essence of anchovies, one-half teaspoon of grated onion, a dozen minced capers and a dust each of cayenne and grated lemon peel.

Baked Eggs with Tomatoes.—Place a teaspoon of tomato sauce in the bottom of an individual dish; lay on this a poached egg; cover with cream sauce, adding a teaspoon of grated cheese to a

gill of the sauce; sprinkle with more cheese and bake in a quick oven until brown.

California Salad.—Arrange in a salad bowl a layer of lettuce, over this a layer of sliced sour oranges, then a thin layer of onions, cut in dice. These should be young seed onions, or fresh Bermudas, and they should be soaked for two hours in ice water, in which one tablespoon each of salt and sugar have been dissolved. One quart of ice water is the right amount to use. Garnish with carpels of grape fruit with a border of sweet, red pepper dice. Serve a dish of mayonnaise cream dressing, reposing in an other filled with cracked ice, with this salad. If the dressing and salad are mixed it will become watery on account of the juicy oranges.

Baked Apple and Nuts.—Remove cores and stuff the apples with chopped walnuts or pecans. Cover them with sugar, add a little water and bake in the usual way.

Spanish Omelet.—Beat four eggs slightly, add one-half teaspoon of salt, a speck of pepper and four tablespoons of hot water. Heat three tablespoons of olive oil in an omelet pan, and cook the egg mixture in this until creamy. Fold in one-half cup of ripe olives cut in small pieces. Turn on a platter and serve with olive sauce.

Olive Sauce.—Brown two tablespoons of butter; cook in this until brown three tablespoons of flour; then add one cup of highly seasoned brown stock. Add one-fourth cup of ripe olives and one tablespoon each of chopped green and red peppers.

Fillet of Fish.—Arrange three pounds of any white fish in fillets. Dip the pieces in flour, to which has been added salt and white pepper. Place the bones of fish on the bottom of baking pan, if wished, in place of a rack, then some thin slices of salt pork, a slice of onion and a stalk of celery. Arrange the fillets on these. Salt them and put a bit of butter and a thin slice of onion on each. Cover and bake in a moderate oven. Serve, using only the fillets, with white sauce. Garnish with parsley and lobster coral rubbed over the top.—Good Housekeeping.

Some Suggestions.

Use a small piece of softened white soap with whiting, or silver polish, to greatly expedite the process of cleaning silver or paint.—Rice is improved by many washings before cooking; the

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